

FITNESS PLANNER

THURSDAY



This Book Belongs To

THURSDAY

THIS IS ME

Year: _____

About Me



My Name: _____ Start: _____

My Height: _____ Goal: _____

My Weight: _____ Date: _____

My Motivations

Reason 01

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Reason 02

--

Reason 03

--

My Habits

New Health Habits

☐ _____

☐ _____

☐ _____

☐ _____

☐ **Yes**

Bad Habits to Reduce

☐ _____

☐ _____

☐ ☐

☐ _____

☐ _____

Rewards

Rewards for meeting for Goals

Why I Deserve These

☐ _____

☐ _____

☐ _____

☐ _____

☐ _____

☐ _____

12 Week Savings Challenge

1 Week

Goal:	_____

Actual:	_____

2 Week

Goal:	_____

Actual:	_____

3 Week

Goal:	_____

Actual:	_____

4 Week

Goal:	_____

Actual:	_____

5 Week

Goal:	_____

Actual:	_____

6 Week

Goal:	_____

Actual:	_____

7 Week

Goal:	_____

Actual:	_____

8 Week

Goal:	_____

Actual:	_____

9 Week

Goal:	_____

Actual:	_____

10 Week

Goal:	_____

Actual:	_____

11 Week

Goal:	_____

Actual:	_____

12 Week

Goal:	_____

Actual:	_____

30 Day Challenge

01

02

03

04

05

06

07

08

09

10

11

12

12

14

15

16

17

18

19

20

21

22

23

24

25

26

27

28

29

30

Body Measurements

Before

Weight: _____

Date: _____

After

Weight: _____

Date: _____

Right Arm:

Left Arm:

Chest:

Waist:

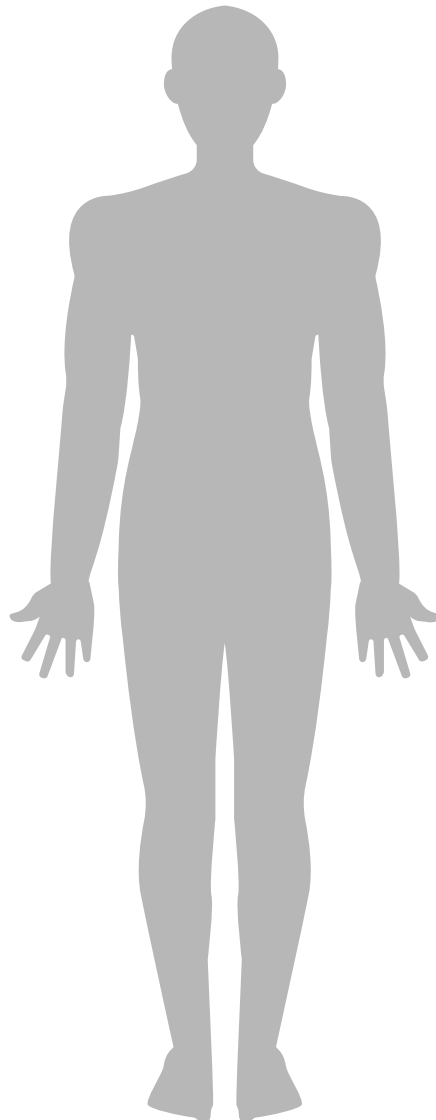
Hips:

Right Thigh:

Left Thigh:

Right Calf:

Left Calf:



Right Arm

Left Arm

Chest

Waist

Hips

Right Thigh

Left Thigh

Right Calf

Left Calf

Daily Fitness Tracker

Date: _____

Work out: _____

Time: _____

Daily Goal: _____

Dist : _____

Focus Area: _____

Steps: _____

Breakfast	Lunch	Vitamins	Cals
		Fruits & Veg: 	Carb
Dinner	Snacks		Pro
		Hydration: 	Fats

Exercise	Set 01		Set 02		Set 03		Set 04	
	Wet	Reps	Wet	Reps	Wet	Reps	Wet	Reps

Date	Type	Time	Dist	HR	Rest HR	Pace

Fitness Planner

Daily Fitness Planner

☐ This is me

☐ Progress Photos

☐ Body Measurements

☐ 30 Day challenge

☐ Weight Loss

☐ 12 Week challenge

Monthly Pages

☐ Fitness Planner

☐ Cardion Tracker

☐ Goals & Reflections

☐ Intermittent Fasting

☐ Step Tracker

☐ Vitamin Tracker

Weekly Pages

☐ Fitness Tracker

☐ Workout Tracker

☐ Meal Tracker

☐ Fitness & Food

Goals & Reflections

Month: _____

My Goals	Action Steps	Deadline

☐ Yes

Did I Reach My Goal?

☐ No

IMPROVEMENTS TO MAKE

What Went Well	Do more Of	Do less Of

How Do I Feel?

Diet

Discipline

Wellness

Motivation

Energy

Going Forward I Will

Intermittent Fasting

Month:

[illegible]

Monthly Fitness

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
☐	☐	☐	☐	☐	☐	☐
☐	☐	☐	☐	☐	☐	☐
☐	☐	☐	☐	☐	☐	☐
☐	☐	☐	☐	☐	☐	☐
☐	☐	☐	☐	☐	☐	☐

Monthly Goals

☐	
☐	
☐	
☐	
☐	
☐	
☐	

To Do List

☐	
☐	
☐	
☐	

Notes

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Vitamin & Supplement

Date: _____

[illegible][illegible][illegible][illegible][illegible]

Weekly Fitness & Food

Date: _____

Food			
Monday	B	L	
	D	S	
	Vitamins:	Cals	Pro
	Hydration:	Fats	Carb

Fitness	
Workout:	
Focus Area: ☐ ☐ ☐ ☐ ☐ ☐ ☐	
Time:	Steps:
Dist.	Cals:

Food			
Tuesday	B	L	
	D	S	
	Vitamins:	Cals	Pro
	Hydration:	Fats	Carb

Fitness	
Workout:	
Focus Area: ☐ ☐ ☐ ☐ ☐ ☐ ☐	
Time:	Steps:
Dist.	Cals:

Food			
Wednesday	B	L	
	D	S	
	Vitamins:	Cals	Pro
	Hydration:	Fats	Carb

Fitness	
Workout:	
Focus Area: ☐ ☐ ☐ ☐ ☐ ☐ ☐	
Time:	Steps:
Dist.	Cals:

Food			
Thursday	B	L	
	D	S	
	Vitamins:	Cals	Pro
	Hydration:	Fats	Carb

Fitness	
Workout:	
Focus Area: ☐ ☐ ☐ ☐ ☐ ☐ ☐	
Time:	Steps:
Dist.	Cals:

Weekly Fitness & Food

Date: _____

Food			
Friday	B	L	
	D	S	
	Vitamins:	Cals	Pro
	Hydration:	Fats	Carb

Fitness	
Workout:	
Focus Area: ☐ ☐ ☐ ☐ ☐ ☐ ☐	
Time:	Steps:
Dist.	Cals:

Food			
Saturday	B	L	
	D	S	
	Vitamins:	Cals	Pro
	Hydration:	Fats	Carb

Fitness	
Workout:	
Focus Area: ☐ ☐ ☐ ☐ ☐ ☐ ☐	
Time:	Steps:
Dist.	Cals:

Food			
Sunday	B	L	
	D	S	
	Vitamins:	Cals	Pro
	Hydration:	Fats	Carb

Fitness	
Workout:	
Focus Area: ☐ ☐ ☐ ☐ ☐ ☐ ☐	
Time:	Steps:
Dist.	Cals:

Notes	

Weight Fitness Tracker

Monday	Workout: _____	Goals:	Intensity
	Focus Area: ○ ○ ○ ○ ○ ○ ○	Steps:	Max
	Time: _____	Mood:	Hard
	Dist: _____		Med
			Easy
Tuesday	Workout: _____	Goals:	Intensity
	Focus Area: ○ ○ ○ ○ ○ ○ ○	Steps:	Max
	Time: _____	Mood:	Hard
	Dist: _____		Med
			Easy
Wednesday	Workout: _____	Goals:	Intensity
	Focus Area: ○ ○ ○ ○ ○ ○ ○	Steps:	Max
	Time: _____	Mood:	Hard
	Dist: _____		Med
			Easy
Thursday	Workout: _____	Goals:	Intensity
	Focus Area: ○ ○ ○ ○ ○ ○ ○	Steps:	Max
	Time: _____	Mood:	Hard
	Dist: _____		Med
			Easy
Friday	Workout: _____	Goals:	Intensity
	Focus Area: ○ ○ ○ ○ ○ ○ ○	Steps:	Max
	Time: _____	Mood:	Hard
	Dist: _____		Med
			Easy

Weight Fitness Tracker

Saturday

Workout: _____

Focus Area: ☐ ☐ ☐ ☐ ☐ ☐ ☐

Time: _____

Dist: _____

Goals:

Steps:

Mood:

Intensity

Max

Hard

Med

Easy

Sunday

Workout: _____

Focus Area: ☐ ☐ ☐ ☐ ☐ ☐ ☐

Time: _____

Dist: _____

Goals:

Steps:

Mood:

Intensity

Max

Hard

Med

Easy

Notes

Weekly Meal Planner

Date: _____

Monday	Breakfast	Lunch	Dinner	Snacks
	Hydration:      	Daily Fruit:		

Monday	Breakfast	Lunch	Dinner	Snacks
	Hydration:      	Daily Fruit:		

Monday	Breakfast	Lunch	Dinner	Snacks
	Hydration:      	Daily Fruit:		

Monday	Breakfast	Lunch	Dinner	Snacks
	Hydration:      	Daily Fruit:		

Monday	Breakfast	Lunch	Dinner	Snacks
	Hydration:      	Daily Fruit:		

Weekly Meal Planner

	Breakfast	Lunch	Dinner	Snacks
Monday				
	Hydration:      	Daily Fruit:		

	Breakfast	Lunch	Dinner	Snacks
Monday				
	Hydration:      	Daily Fruit:		

[illegible]

Weight Loss Tracker

[illegible]

Workout Tracker

[illegible]